BEFORE YOU BEGIN

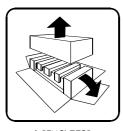
Congratulations for selecting the AG-11303 Treadmill from Reebok. Whether you are an accomplished athlete seeking to maintain peak performance or a beginner realizing the benefits of exercise for the first time, the AG-11303 Treadmill will help you to achieve your goals. In the "Hints to Help You" section of this manual we have outlined some tips that we hope will help you maximize the effectiveness and fun of your workouts.

In the meantime, remember that the benefits of exercise are many and varied including higher energy levels, reduced stress, improved self-esteem, clearer and more radiant skin, greater cardiovascular efficiency, higher metabolic rate, and improved body posture – all of which can result in a longer and more enjoyable life.

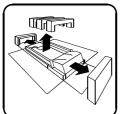
While purchasing the AG-11303 Treadmill will not do all of this alone, it is an important step towards understanding and achieving the benefits of exercise.

All Reebok products are manufactured to the highest specifications and this instruction manual should enable you to assemble the AG-11303 Treadmill and commence your workout programme. If, however, you have any additional questions, please call out UK Customer Service on +44 (0) 845 600 0464. To help us assist you, please quote the product model number and batch number when calling. The model number is AG-11303. The serial number can be found on a sticker attached to the AG-11303 (located on the left hand side of the treadmill base next to the mains power cord inlet).

Opening Carton/Assembling Your Product



1. REMOVE TOP, CUT SIDES AND FOLD DOWN.



2. REMOVE FOAM FROM TOP AND ENDS.



3. ASSEMBLE TREADMILL AND PLUG IN POWER.



4. FOLD UP AND ROLL AWAY.

CONTENTS

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Precautions	03
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Warning

Before beginning this or any exercise programme, consul your physician. This is especially important for persons who have not exercised regularly before or persons with pre-existing health problems. Read all instructions before using. Reebok® assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Questions?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have any questions, or if parts are missing or damaged, we guarantee complete satisfaction.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL OUR CUSTOMER HOTLINE DIRECT. The trained technicians on our customer hotline will provide immediate assistance free of charge.

UK Customer Hotline: 0845 600 0464

UK Customer Services: RFE International Ltd.; DFDS House, Maidstone Road; Kingston, Milton Keynes MK10 0AJ

UK Email: service@rogerblackfitness.co.uk

Caution

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

Model No: AG-11303

Serial No: for example : AG-11303/0507/000001

Write the serial number and mfr date in the space above for future reference. (Located on the left hand side of the treadmill base next to the mains power cord inlet.)

PRECAUTIONS

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

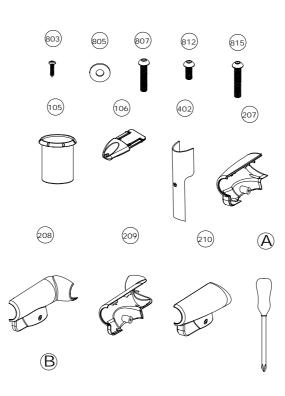
- It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
 Use the treadmill only as described in this manual.
- Place on a level surface, with 2m of clearance behind it. To protect the floor or carpet from damage, place a mat under 3. the treadmill.
- When choosing a location for the treadmill make sure that the location and position permit access to a plug.
- 5. Keep the treadmill indoors, away from moisture or dust. Do not put the treadmill in a garage or covered patio, or near water.
- 6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than 120kg.
- Never allow more than one person on the treadmill at a time.
- 10. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- 11. When connecting the power cord, plug the power cord into an earthed circuit. When replacing the fuse, an ASTA approved BS 1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.
- 12. If you need an extension cord, use only 14 gauge cord of 1.5m or less in length.
- 13. Keep the power cord away from heated surfaces.
- 14. Never move the walking belt while the power is turned on. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See "Troubleshooting" Page43. If the treadmill is not working properly.)
- 15. Never start the treadmill while you are standing on the walking belt. Stand on the side rails hold the handrails start the unit at a low speed and then step on to the unit, when comfortable increase the speed to one that you're comfortable
- 16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
- 17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in
- 18. Never leave the treadmill unattended while it is running. Always remove the safety key when the treadmill is not in use.
- Do not attempt to raise, lower, or move the treadmill until it's properly assembled. (See Page 17 "Assembly" and Page 25 "Folding the Treadmill")
- 20. Do not change the incline of the treadmill by placing objects under the treadmill.
- 21. When folding or moving the treadmill make sure the "power fold switch is fully engaged" (See Page 25 "Folding") 22. Inspect and tighten all parts of the treadmill regularly. (See page 38 "Maintenance")
- 23. Never drop or insert any object into any opening in/on the treadmill.

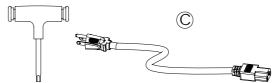
HARDWARE COMPARISON CHART

Hardware chart:

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

NO.	DESCRIPTION	QTY.		
803	Ф4x14mm Screw	6		
805	Ф8 mm Washer	2		
807	M8x47mm Bolt	8		
812	M8x18mm Bolt	2		
815	M8x52mm Bolt	4		
105	Water Bottle Holder	2		
106	Safety Key	1		
402				
207	Hand Bar Cover-LL	1		
208	Hand Bar Cover-LR	1		
209	Hand Bar Cover-RL	1		
210	Hand Bar Cover-RR	1		
Α	A Allen Wrench 6mm			
В	B Phillips Head Wrench			
С	C Power Cord			





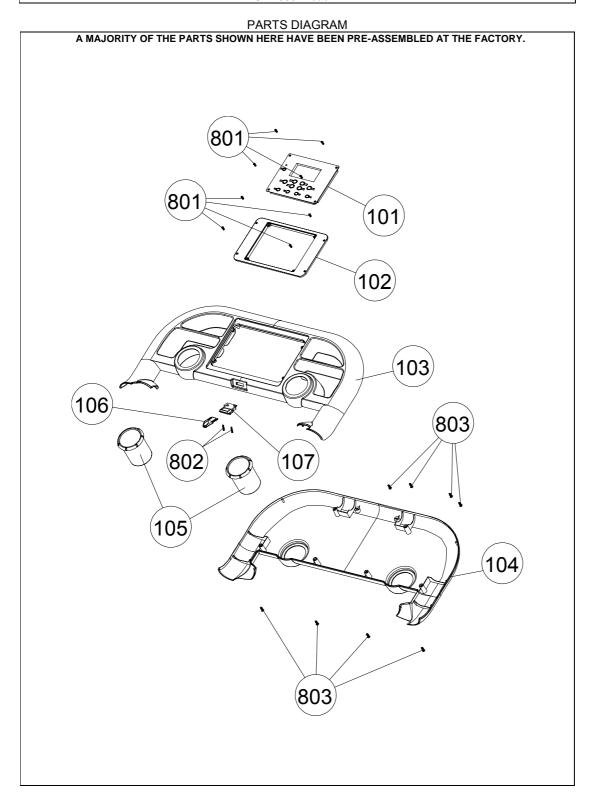


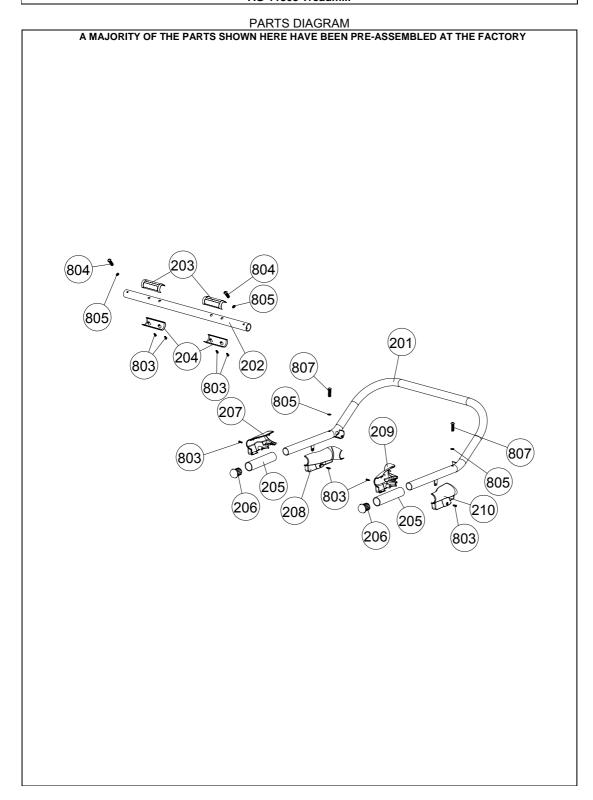
100	Console Assembly		
101	Computer PC Board	1	AG-11303 -101
102	Console Plate	1	AG-11303 -102
103	Console Housing-Upper	1	AG-11303 -103
104	Console Housing-Bottom	1	AG-11303 -104
105	Water Bottle Holder	2	AG-11303 -105
106	Safety Key	1	AG-11303 -106
107	Safety Key Base	1	AG-11303 -107
200	Handle Bar Assembly		
201	Hand Bar	1	AG-11303 -201
202	Hand Pulse Tube	1	AG-11303 -202
203	Hand Pulse Sensor	2	AG-11303 -203
204	Hand Pulse Sensor Plastic Cover	2	AG-11303 -204
205	Hand Bar Foam Grip	2	AG-11303 -205
206	Hand Bar End Cap	2	AG-11303 -206
207	Hand Bar Cover-LL	1	AG-11303 -207
208	Hand Bar Cover-LR	1	AG-11303 -208
209	Hand Bar Cover-RL	1	AG-11303 -209
210	Hand Bar Cover-RR	1	AG-11303 -210
300	Upright Assembly		
301	Upright-L	1	AG-11303 -301
302	Upright-R	1	AG-11303 -302
303	Power Switch Plate Base	1	AG-11303 -303
304	Power Switch Plate		AG-11303 -304
305	Power Switch	1	AG-11303 -305
306	Power Breaker	2	AG-11303 -306
307	Power Cord Switch Plate	2	AG-11303 -307
400	Base Frame Assembly		
401	Base Frame	1	AG-11303 -401
402	Upright-Cover	2	AG-11303 -402
403	Front Caster Holder	2	AG-11303 -403
404	Front Caster	2	AG-11303 -404
405	Fold Up Locker	1	AG-11303 -405
406	Torsional Spring	1	AG-11303 -406
407	Rear Caster Holder	2	AG-11303 -407
408	Rear Caster	2	AG-11303 -408
100	1		
409	Foot Locker	1	AG-11303 -409

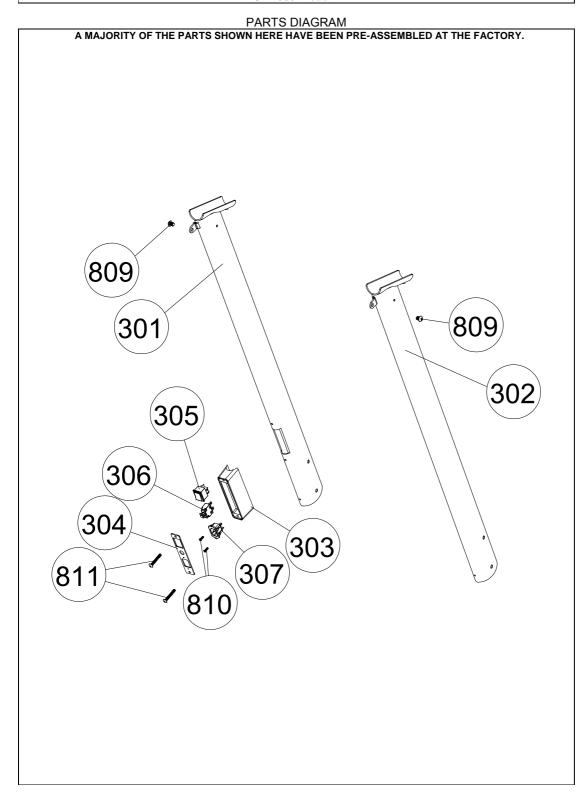
	PARTS LIST		
411	Transportation Wheel	1	AG-11303 -411
412	412 Torsional Spring		AG-11303 -412
414	Rubber Cushion	4	AG-11303 -414
500	Motor Assembly		
501	Motor Hood Top	1	AG-11303 -501
502	Elevation Support Tube	1	AG-11303 -502
503	Elevation Support Tube End Cap	4	AG-11303 -503
504	Plastic Clamp- Top	2	AG-11303 -504
505	Plastic Clamp- Bottom	2	AG-11303 -505
506	Elevation Support	2	AG-11303 -506
507	Motor Holder	1	AG-11303 -507
508	Driving Motor	1	AG-11303 -508
509	Driving Belt	1	AG-11303 -509
510	Control Board	1	AG-11303 -510
511	Elevation Gear Sleeve	1	AG-11303 -511
512	Elevation Motor	1	AG-11303 -512
513	Shock	1	AG-11303 -513
514	Plastic Wheel	1	AG-11303 -514
515	15 Motor Holder Bottom 1		AG-11303 -515
516	Motor Holder -L	1	AG-11303 -516
517	Motor Holder-R	1	AG-11303 -517
518	Motor Bottom Cover	1	AG-11303 -518
519	Fold Up Support Tube	1	AG-11303 -519
520	Transformer	AG-11303 -520	
521	Elevation Control Board		AG-11303 -521
600.	Running Deck Assembly		
601	Running Belt	1	AG-11303 -601
602	Side Rail-L	1	AG-11303 -602
603	Side Rail-R	1	AG-11303 -603
604	Side Rail End Cap-L	1	AG-11303 -604
605	05 Side Rail End Cap-R 1		AG-11303 -605
606	Side Rail Guider	8	AG-11303 -606
607	Running Deck	1	AG-11303 -607
700	Deck Frame Assembly		
701	Deck Frame	1	AG-11303 -701
702	Front Roller Tube + Shaft	1	AG-11303 -702
703	Rear Roller Tube + Shaft	1	AG-11303 -703
704	Running Deck Support Tube	1	AG-11303 -704

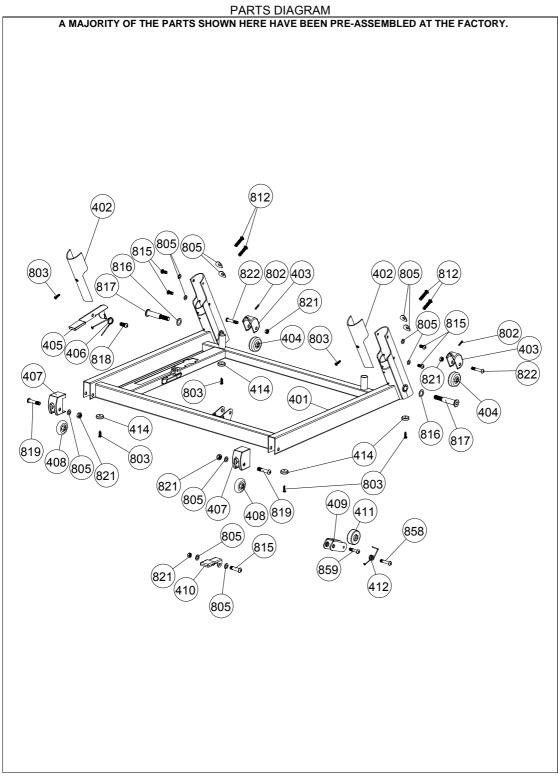
705	Running Deck Support Tube Foam Grip	1	AG-11303 -705
706	Rear Caster	2	AG-11303 -706
707	Cushion Pad	8	AG-11303 -707
800	Fastening		
801	Ф3.5x14mm Screw		AG-11303 -801
802	Ф3x10mm Screw	2	AG-11303 -802
803	Φ4x14mm Screw	48	AG-11303 -803
804	M8x36mm Bolt	2	AG-11303 -804
805	Φ8 Washer	21	AG-11303 -805
807	M8x47mm Bolt	2	AG-11303 -807
809	M8x10mm Bolt	2	AG-11303 -809
810	M3x10mm Bolt	2	AG-11303 -810
811	Φ4x19mm Screw	18	AG-11303 -811
812	M8x18mm Bolt	4	AG-11303 -812
815	M8x52mm Bolt		AG-11303 -815
816	Ф16 Washer	2	AG-11303 -816
817	M16x90mm Bolt	2	AG-11303 -817
818	M8x20mm Bolt	1	AG-11303 -818
819	M8x45mm Bolt	2	AG-11303 -819
821	M8 Nylon Nut	7	AG-11303 -821
822	M8x46mm Bolt	2	AG-11303 -822
824	M10 Nylon Nut	1	AG-11303 -824
825	M10x67mm Bolt	1	AG-11303 -825
827	M8x30mm Bolt	4	AG-11303 -827
828	Ф10 Washer	1	AG-11303 -828
829	M10x30mm Bolt	1	AG-11303 -829
832	M10x26mm Bolt	1	AG-11303 -832
833	M8x30mm Bolt	10	AG-11303 -833
834	Φ6 Washer	3	AG-11303 -834
835	M6x45mm Bolt	3	AG-11303 -835
837	M6x8mm Bolt	1	AG-11303 -837
838	M10x42mm Fixed Bolt	1	AG-11303 -838
841	Φ4x12mm Bolt	3	AG-11303 -841

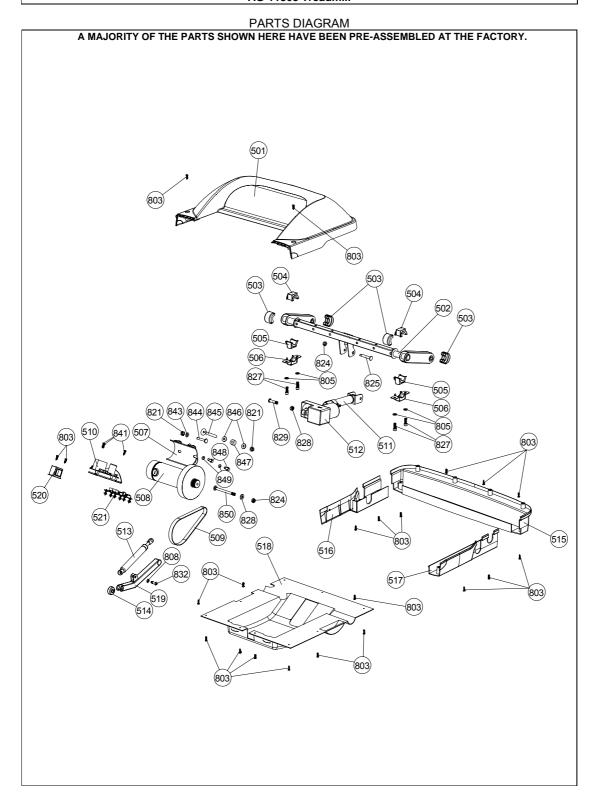
	PARTSLIST		
844	M8x48mm Fixed Bolt	1	AG-11303 -844
845	M8x85mm Fixed Bolt	1	AG-11303 -845
846	Ф8x26x3 Washer	2	AG-11303 -846
847	Ф8x24x11 Spring	1	AG-11303 -847
848	M8x12mm Bolt	2	AG-11303 -848
849	Ф8 Spring	2	AG-11303 -849
850	M8x116mm Fixed Bolt	1	AG-11303 -850
854	M6X14mm Bolt	2	AG-11303 -854
855	Ф18х6.5х2	3	AG-11303 -855
861	M5x14 mm Bolt	4	AG-11303 -861

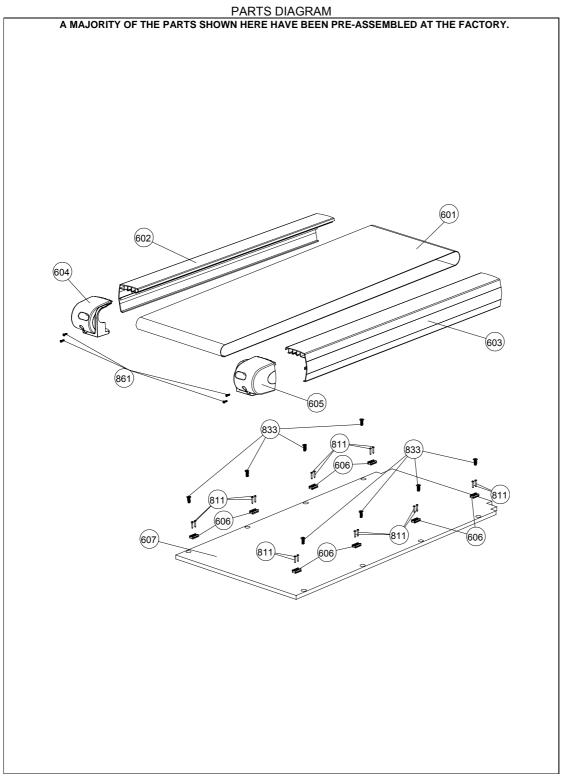


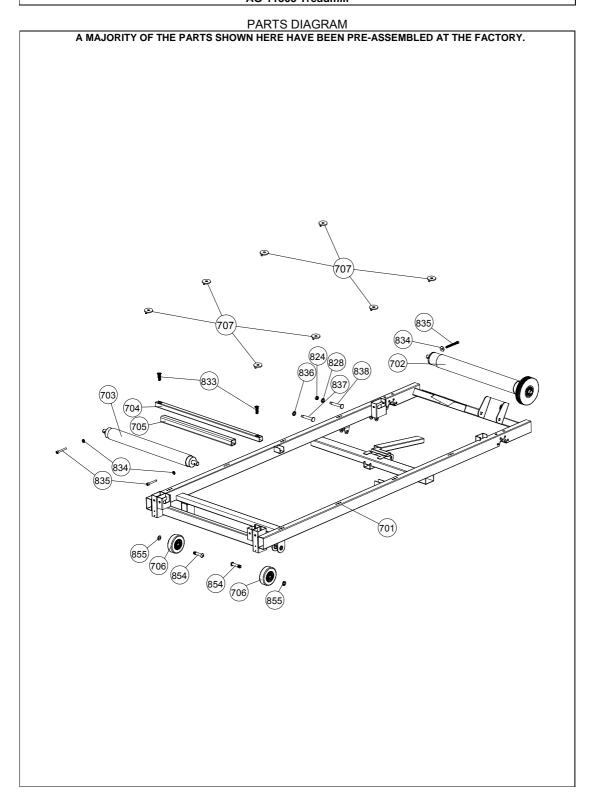












ASSEMBLY INSTRUCTIONS

Before you Begin

- Clear your work area.
- Make sure that you've cleared a large enough area in order to assemble the treadmill.
- Make sure there is nothing in the area that may cause injury during assembly.
- Make sure there's enough space for you to move around the treadmill after assembly.
- Remove all components from the boxes before you start assembling the treadmill.

Tools

Before you begin to assemble your treadmill please look at the hardware diagram and familiarize yourself with the parts you need to assemble and the tools you'll need.

Make sure you can get hold of the tools easily when assembling your treadmill.

Note

The treadmill has some parts that are fairly heavy. It may be an idea if you have someone that could help you to assemble it.

Make sure that the treadmill is not plugged in before you start assembly.

Make sure the treadmill is on a flat surface.

Dispose of all packing material at a recycling center when ever possible.

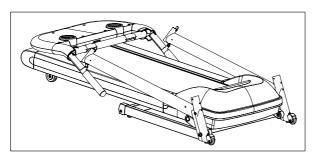
Retain this manual for future reference.

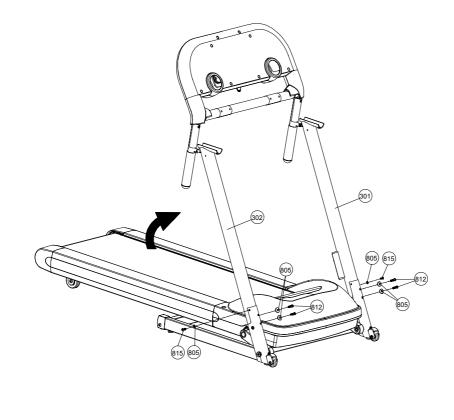
STEP 1:

Remove the contents from the shipping box.

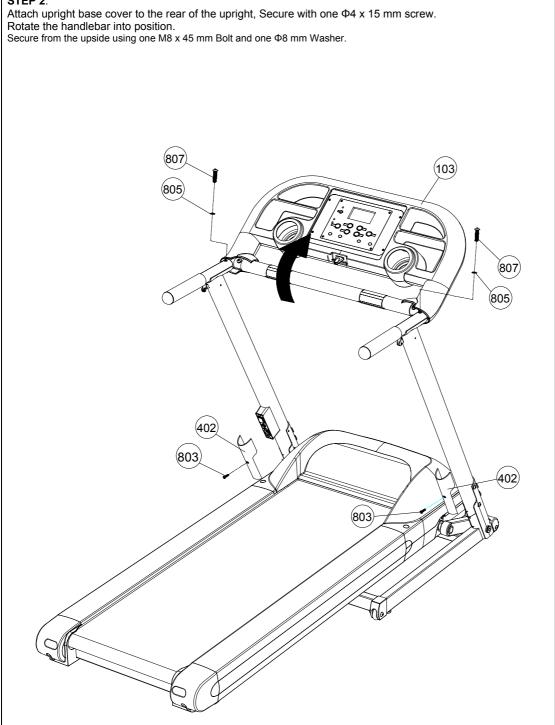
Rotate the uprights into position.

Secure from the sides using one M8 x 52 mm Bolt and one $\Phi 8$ mm Washer. Secure from the front using two M8 x 18 mm Bolts and two $\Phi 8$ mm Washers.



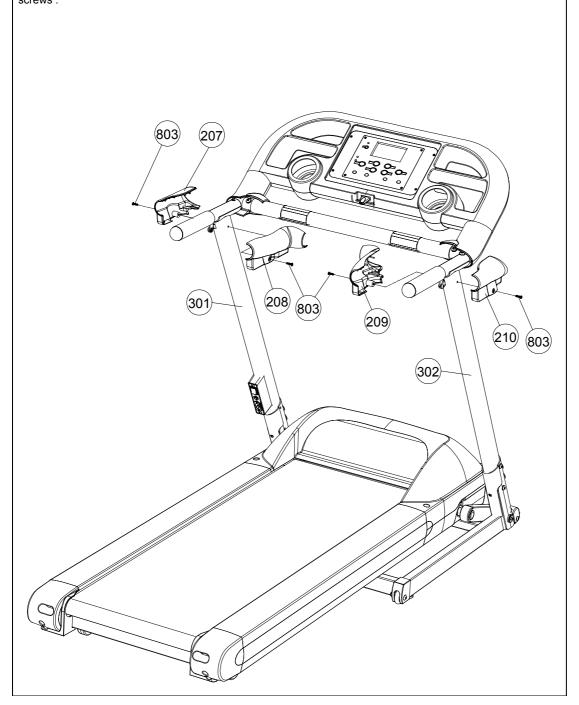


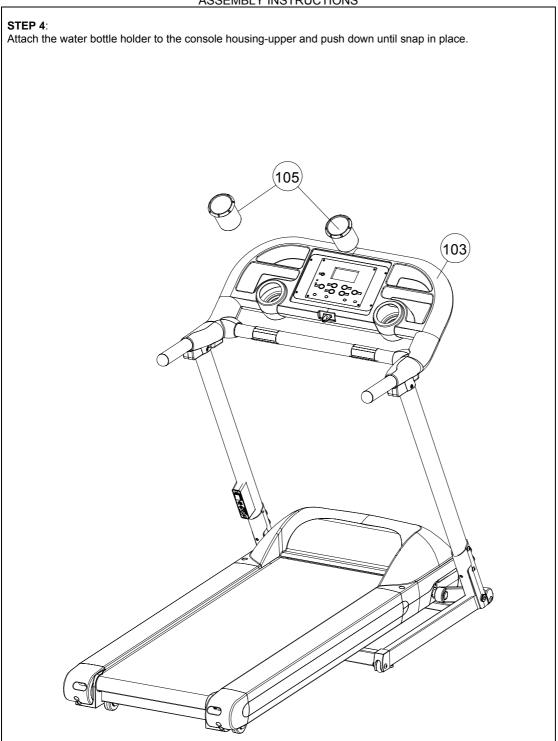
STEP 2:



STEP 3:

Attach handle bar cover to the upper of right upright and secure from two sides using two Φ 4 x 15 mm screws. Then attach handle bar cover to the upper of left upright and secure from two sides using two Φ 4 x 15 mm screws .

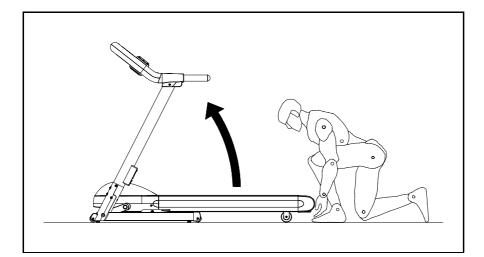


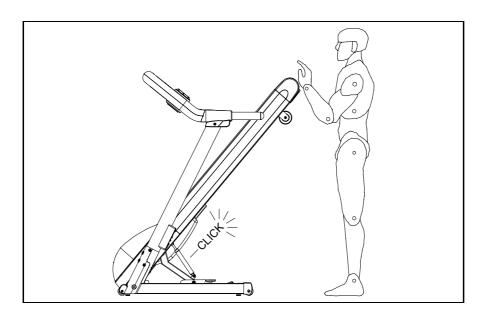


FOLDING INSTRUCTIONS

How to fold up the treadmill:

Your treadmill can be folded up for space saving storage. To do this follow the instructions here:

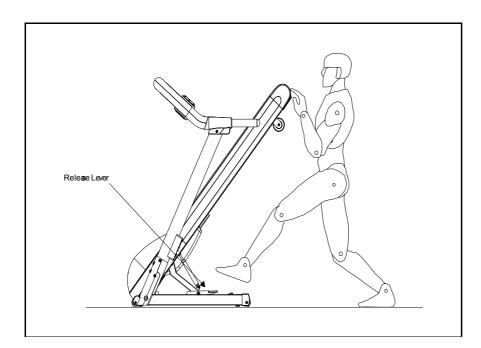


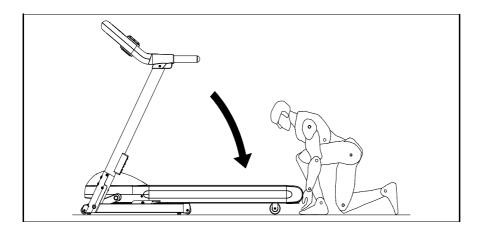


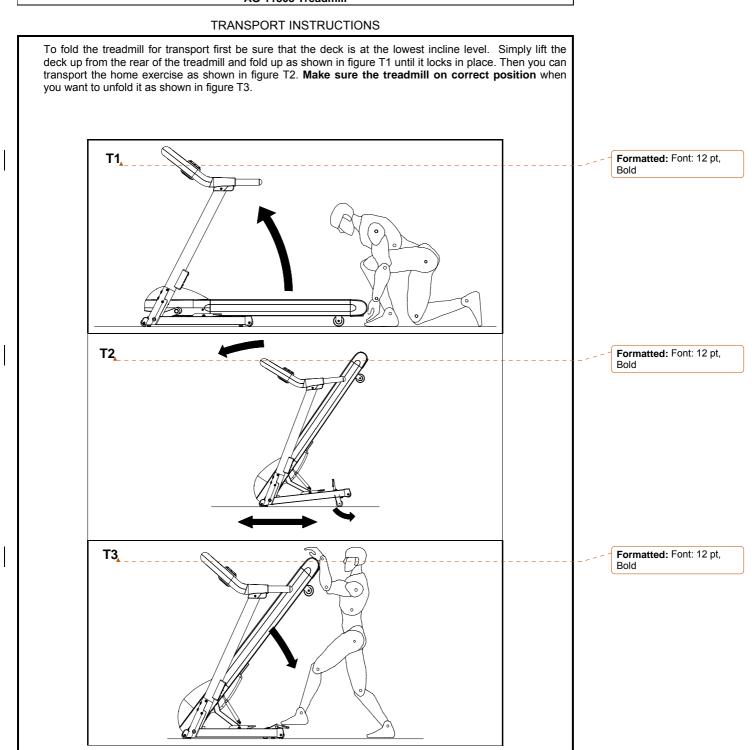
UNFOLDING INSTRUCTIONS

How to unfold the treadmill:

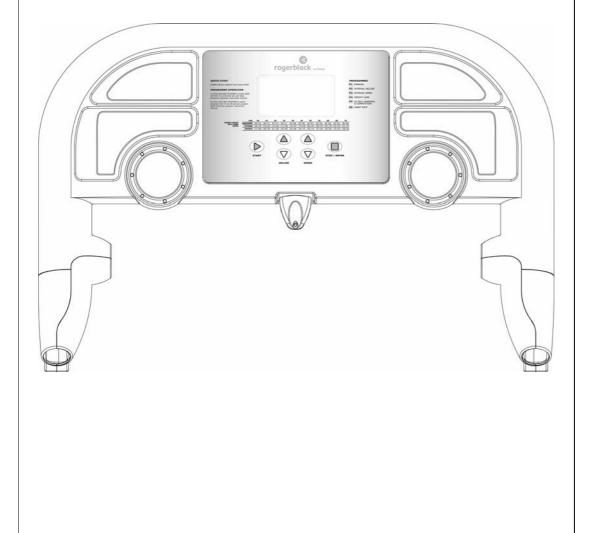
To unfold the treadmill for use follow the instructions here:



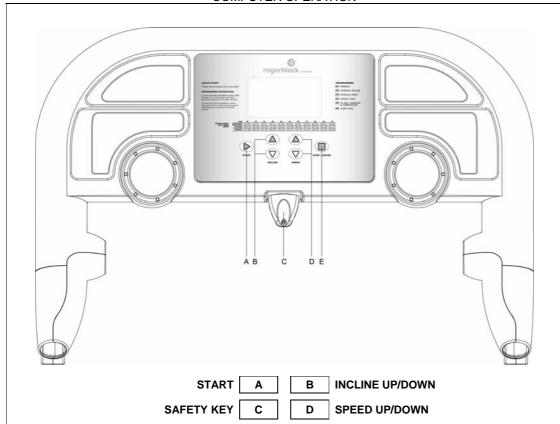




COMPUTER INSTRUCTIONS



COMPUTER OPERATION



BUTTON FUNCTIONS

START

- Press to start exercise at initial speed 0.5MPH / 0.8KPH.

STOP / ENTER

-a. Press to confirm program and preset function values setting mode.

STOP/ENTER

- -b. Press to run setting procedure before pressing the START KEY.
- -c. Press to stop exercise during workout time.

SPEED UP/DOWN

- -a. Press to increase/ decrease exercise speed by 0.1MPH/KPH.
- -b. Hold the button to rapidly increase/ decrease speed and release the button to stop the function.

Ε

INCLINE UP / DOWN

- -a. Press up or down to change incline level.
- -b. Press to select programs and preset related function value.

SAFETY KEY

The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation first turn the power switch to off and set the speed controller to stop. Next turn the power switch to on and reinsert the safety key into the console.

COMPUTER OPERATION

POWER ON

Set the POWER SWITCH, located on the base frame, to ON and insert the SAFETY KEY. The UPPER LCD and LOWER LCD screens light up all digits and enter the POWER ON mode.

SLEEP MODE

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input. Press any button to return to POWER ON status when the computer is in the SLEEP MODE.

DISPLAY MODE

This feature is designed only for store display purpose. To cancel the SLEEP MODE feature, pull out the safety key, press and hold the SPEED UP and DOWN buttons, insert the safety key to power on the treadmill. Press incline up/down to select on or off, and press ENTER to confirm. After one short beep sound, the SLEEP MODE will be cancelled and the LCD will not go off as long as the power switch stays on and the safety key is inserted properly.

ENGLISH / METRIC CONVERSION

The computer has been preset to calculate and show all information in English (miles, pounds, inches). The computer can be set to display information in Metric (kilometers, kilograms, centimeters). To do this set the POWER SWITCH, located on the base frame, to ON. Press and hold the START button. Insert the SAFETY KEY. The computer will sound one short BEEP and the LCD will show KM and blink. Press the INCLINE UP/DOWN button to switch between KM and ML. KM means Metric and ML means English. Press the STOP/ENTER button to confirm the setting and return to POWER ON status after one long beep sound.

QUICK START

When the treadmill is in POWER ON status, press the START button to activate the QUICK START. The SPEED LCD counts down 3 seconds (show 3-2-1) with 3 short beeps then starts from 0.5 MPH/0.8 KPH. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to elevate the treadmill. The TIME, CALORIES and DISTANCE count up from 0. The PULSE LCD show P until you hold the hand pulse grip sensors then the PULSE LCD will display the current pulse during the workout.

STOP/PAUSE

During the workout, press the STOP/ENTER button to PAUSE the treadmill, all workout data will be frozen. Press the START button to resume the workout and all data will continue counting. If the STOP/ENTER button is pressed twice, the treadmill will return to POWER ON status and all workout information will return to 0.

COMPUTER PROGRAM OPERATION

To select the program, press the program buttons when the treadmill is in POWER ON status. For the first time user, you have to set up the user information and assign your USER ID from U 1 to U 9 before the program starts.

SET UP USER INFORMATION

Press any program button on the computer panel. For the first time use of the treadmill, the Lower LCD will show a blinking U1 and will show factory default setting values of user weight, height, age and target heart rate. Press the INCLINE UP/DOWN buttons to choose the USER ID from U1 to U9 and press the STOP/ENTER button to assign your user ID.

SET USER GENDER

After assigning your user ID, the gender icon will display on the Upper LCD. Press the INCLINE UP/DOWN buttons to switch between male and female icon then press the STOP/ENTER button to select your gender.

SET USER WEIGHT

After setting the user gender, The Upper LCD will display W. The TIME LCD display now shows the blinking factory setting user weight 150LB/68KG. Press the INCLINE UP/DOWN buttons to adjust the user weight correctly and press STOP/ENTER to set the user weight.

SET USER HEIGHT

After setting the user weight, The Upper LCD will display H. The CALORIES LCD display now shows the blinking factory setting user height 5'3"/160CM. Press the INCLINE UP/DOWN buttons to adjust the user height correctly and press STOP/ENTER to set the user height.

COMPUTER OPERATION

SET USER AGE

After setting the user Height, The Upper LCD will display A. The INCLINE LEVEL LCD display now shows the blinking factory setting user age 35. Press the INCLINE UP/DOWN buttons to adjust the user age correctly and press STOP/ENTER to set the user age.

SET USER TARGET HEART RATE

When you set up the user AGE, please note the user TARGET HEART RATE will be adjusted with the user AGE according to the factory setting. The factory TARGET HEART RATE setting is based on 85% of the maximum heart rate. The maximum heart rate is calculated as 220 minus the user age. For age 35, the maximum user heart rate should be 185 and 85% of user heart rate, which is 157. After setting the user age, The Upper LCD will show P and the PULSE LCD shows the blinking factory target heart rate setting. Press the INCLINE UP/DOWN buttons to adjust the user target heart rate properly for your own physical condition and press the STOP/ENTER button to set the user TARGET HEART RATE. This treadmill can allow set and memorize 9 different user's information. For the repeat user, after pressing the program button, please press the INCLINE UP/DOWN buttons to select the USER ID that you assigned previously.

Now, you have completed the user information set up. For the 2^{nd} or other member in the family, please assign a different user ID. Each time when the treadmill is switched off and switched on again it will enter the select program procedure. The user ID will show the user ID of the previous user.

OPERATE PROGRAM

After completing the USER INFORMATION SET UP, prior to starting the program you selected, please follow the procedure to operate the different programs as described below:

데 P1- MANUAL PROGRAM

If you select the P1 MANUAL program, the upper and lower LCD will show the following:

After completing the user information set up, the SPEED LCD displays the initial speed 2.0MPH/3.2KPH and the PULSE LCD displays P. TIME, CALORIES AND INCLINE LEVEL all show 0. Press the START button to start the workout. Press the SPEED UP/DOWN buttons to adjust the speed from 0.5MPH to 10MPH and press the INCLINE UP/DOWN buttons to adjust the incline level from level 0 to 12. Distance, time, calories all count up from 0.

P2- INTERVAL INCLINE

If you select the P2 INTERVAL INCLINE program, the upper and lower LCD will show the following:

After completing the user information set up, SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and the blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 9, Then press the STOP/ENTER button to confirm the setting.

Then the blinking TIME LCD displays 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press the STOP/ENTER button to confirm the setting.

Press the START button to start the workout. SPEED starts from 2.0MPH/3.2KPH. The TIME counts down from the set up workout time. The CALORIES and DISTANCE count up from 0. INCLINE LEVEL follows the pre-set chart as follows:

LEVEL	MIN. LEVEL	MAX. LEVEL
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12

During the workout, press the SPEED UP/DOWN buttons to adjust the speed. Users can overwrite the incline level by pressing the INCLINE UP/DOWN buttons.

COOL DOWN

After the pre-set TIME counts down to 0, treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at speed 2 MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P2 start display. Press STOP/ENTER to go to POWER ON status.

COMPUTER OPERATION

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P3-INTERVAL SPEED

If you select the P3 INTERVAL SPEED program, the upper and lower LCD will show the following:

After completing the user information set up, the SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and a blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 9, Then press the STOP/ENTER button to confirm the setting. Then the TIME LCD will display a blinking 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press STOP/ENTER button to confirm the setting.

Press the START button to start the workout. The SPEED start and change follows the pre-set workout load speed chart as below. The TIME counts down from the set up workout time. The CALORIES and DISTANCE count up from 0. INCLINE LEVEL starts from level 0.

LEVEL	MIN. SPEED	MAX. SPEED
1	1.8	3.0
2	2.0	3.4
3	2.2	3.8
4	2.4	4.2
5	2.6	4.6
6	2.8	5.0
7	3.0	5.4
8	3.2	5.8
9	3.4	6.2

During the workout, press the INCLINE UP/DOWN button to adjust the incline level. Users can overwrite the speed by pressing the SPEED UP/DOWN buttons.

COOL DOWN

After the pre-set TIME counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After the one minute cool down, the treadmill will stop and return to P3 start display. Press STOP/ENTER to go to POWER ON status.

₱₱₱₽4- WEIGHT LOSS

If you select the P4 WEIGHT LOSS program, the upper and lower LCD will show the following:

After completing the user information set up, the SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and the blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 9, Then press the STOP/ENTER button to confirm the setting. Then the TIME LCD displays a blinking 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press the STOP/ENTER button to confirm the setting.

Press the START button to start the workout. The SPEED and INCLINE follow the pre-set workout load chart. The TIME counts down from the set up workout time. Distance and Calories count up from 0.

LEVEL	MIN. SPEED	MAX. SPEED	MINI. INCLINE LEVEL	MAX INCLINE LEVEL
1	1.6	2.8	0	3
2	1.8	3.0	0	4
3	2.0	3.2	1	5
4	2.2	3.4	1	6
5	2.4	3.6	2	7
6	2.6	3.8	2	8
7	2.8	4.0	3	9
8	3.0	4.2	3	10
9	3.2	4.4	3	11

During the workout, users can overwrite the speed by pressing the SPEED UP/DOWN buttons and overwrite the incline level by pressing the INCLINE UP/DOWN buttons.

COOL DOWN

After the pre-set TIME counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P4 start display. Press STOP/ENTER to go to POWER ON status.

COMPUTER OPERATION

5 P5-5K SELF LEARING / COMPETITION

If you select the P5 5K SELF LEARNING / COMPETITION program, the upper and lower LCD will show the following:

After completing the user information set up, the DISTANCE LCD shows preset distance 3M/5KM. The TIME, CALORIES and INCLINE LEVEL LCD display 0 and the PULSE LCD display show P.

Press the START button to start the program. Speed starts from 2.0MPH/3.2KPH. The TIME and CALORIES count up from 0. Incline level follows the factory pre-set profile. DISTANCE counts down from 3ML/5KM. During the workout you can adjust the speed by pressing the SPEED UP/DOWN buttons and overwrite the INCLINE LEVEL by pressing the INCLINE UP/DOWN buttons.

COOL DOWN

After the pre-set DISTANCE counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH /3.2KPH. After a one minute cool down, the treadmill will stop and return to P5 start display. Press STOP/ENTER to go to POWER ON status.

P6- HEART RATE CONTROL

If you select the P6 5K HEART RATE CONTROL program, the upper and lower LCD will show the following :

After completing the user information set up, the TIME LCD shows the blinking factory pre-set workout time 60:00.

Press the INCLINE UP/DOWN buttons to adjust the workout time and press the STOP/ENTER button to confirm. Then the upper LCD shows initial speed 2.0MPH/3.2KPH and the Upper LCD shows initial warm up time 3:00.

Press the START button to start the 3 minutes WARM UP program. Speed starts from 2.0MPH/3.2KPH and INCLINE LEVEL starts from level 0. Please keep your hand on the hand pulse grips all the time during this workout in order to monitor your pulse correctly. During the program, if the heart rate monitor fails to sense the pulse you will see P blinking on the PULSE LCD. If the heart rate monitor senses the pulse properly you will see the stable heart beat sign on the PULSE LCD and the correct pulse readout on the PULSE LCD. The computer will sense the user pulse every 30 seconds. During the warm up program you can press the STOP/ENTER button to pause or stop the program or press the START button to re-start the program. Other buttons will not react during this warm up process.

During the warm up program if heart rate monitor fails to sense the user's pulse (The PULSE LCD will display P and blink), the computer will not change the speed. If heart rate monitor senses the user's pulse properly and the actual user's pulse does not reach 65% of the maximum heart rate ((220-age) x 65%), then speed will increase by 0.5MPH/0.8KPH per 30 seconds. If the actual pulse reaches 65% of the maximum heart rate, the speed will remain unchanged. If the actual pulse reaches 65% of the maximum heart rate over one minute, then the speed will be maintained the same until the warm up program finishes.

If the actual user's pulse fails to reach 65% of the maximum heart rate within the first 3 minutes of warm up, the computer will continue the second 3 minutes warm up program. All workout information continues to count up and the timer counts down from 3:00. During the second 3 minutes warm up, the computer will change the incline level instead of speed. If the heart rate monitor fails to sense the user's pulse (The PULSE LCD will display P and blink), the computer will not change the incline level. If the heart rate monitor senses the user's pulse properly and the actual user's pulse does not reach 65% of the maximum heart rate ((220-age) x 65%), then the incline level will be increased by 1 level per 30 seconds. If the actual pulse reaches 65% of the maximum heart rate, the incline level will remain unchanged. If the actual pulse reaches 65% of the maximum heart rate over one minute, then the speed will be maintained the same until the warm up program finishes.

If the actual user's pulse fails to reach 65% of the maximum heart rate within the second 3 minutes of warm up, the computer will continue the third 3 minutes warm up program. All workout information continues to count up and the timer counts down from 3:00. During the third 3 minutes warm up, both speed and incline remain unchanged regardless of the actual pulse. If time counts down to 0 and 65% of the max. heart rate still can not be reached, the TIME LCD will show FAIL, and the program will stop and return to POWER ON status.

After the warm up program (if the actual pulse reaches 65% of the max. heart rate to complete warm up program), the computer will enter the HEART RATE CONTROL program. TIME counts down from the previous setting. Distance and Calories will continue counting up from the warm up program. During the HEART RATE CONTROL program, the heart rate monitor will sensor the actual user's pulse every 30 seconds. If the actual user's pulse does not reach 85% of the max. heart rate, then the incline level will be increased by 1 level every 30 seconds. If the actual user's pulse reaches 85% of the max. heart rate, then the treadmill performance will be remained the same. If the actual user's pulse is above 85% of the max. heart rate, the incline level will be reduce by 1 level. Speed will remain unchanged until the incline level increase up to 15% or the incline level down to 0%. If the incline level is up to 15% and still 85% of the max. heart rate can not be reached, then speed will start increasing by 0.5MPH/0.8KPH every 30 seconds. If the incline level is down to 0% and still lower than 85% of the max. heart rate can not be reached, then the speed will lower by 0.5MPH/0.8KPH every 30 seconds.

COMPUTER OPERATION

If the actual user's pulse reaches above 85% of max. heart rate over 3 minutes, the HEART RATE CONTROL program will be shut down and the computer will enter the one minute COOL DOWN program.

When the TIME counts down to 0, the HEART RATE CONTROL program is completed, and the computer will enter the one minute COOL DOWN program.

After the COOL DOWN program, the computer will return to POWER ON status.

The purpose of the HEART RATE CONTROL program is to keep the user's pulse between 65% of the max. heart rate and 85% of the max. heart rate as to reach the most efficient workout result.

Hints to Help You Achieve Your Goals

There are a vast number of benefits to exercising. They include improved sleeping patterns, increased metabolic rate due to the higher ratio of lean muscle tissue to fat (thereby burning calories even when not working out), improved posture reducing risk of back pain, denser bone mass reducing risk of osteoporosis, clearer skin and the improved self-esteem that go with all of these. Do not use weight loss as your only measure of success. Your mirror is a much better indicator than your scales.

Don't set unrealistic goals at the outset of your exercise programme. This could lead to muscle soreness and de-motivation. Remember, you're changing your life, take time to do it properly. Don't try to immediately change your entire lifestyle to get fitter. Incremental change is far easier and more sustainable. Don't try to give up fatty foods, alcohol, late nights and start a grueling exercise regime all on the same day. Take it one step at a time, ensure the changes you make genuinely become part of your lifestyle and don't chastise yourself for backsliding occasionally.

Understand the other elements of your daily life that can help or hinder you in achieving your goals. Nutrition is vitally important in affecting your general well being with regard to the type of food you eat and when you eat it. Also, there are many opportunities during your normal day when your current habits could be substituted for healthier practices. Instead of taking the lift, take the stairs and instead of sitting over a long lunch, take a brisk walk and eat an apple. Even if you only do it one day of the week it all helps.

Heart Rate Training

In the normal course of our everyday lives our bodies use oxygen to convert nutrients from our food intake into energy for muscle movement and body functions. The amount of energy used is measured in calories. Broadly speaking if we burn more calories than we consume then our body will require additional fuel and will use calories stored as fat. This will lead to a reduced ratio of fat to lean muscle tissue in our body composition and a leaner, fitter appearance.

As we exercise, our heart rate has to increase in order to deliver sufficient oxygen to the working muscles. Regular cardiovascular exercise, such as cycling, results in a stronger heart and lungs that are more efficient at delivering oxygen to muscles which, in turn, are more efficient at converting calories into energy.

It is however, imperative that you accurately determine the target heart rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.

Start by determining your approximate Maximum Heart Rate (MHR). This is the fastest your heart can beat, measured in beats per minute. Whilst there are sophisticated ways to measure MHR, an acceptable approximation can be made using the following calculation:

Males: Estimated Max MHR = 220 – Age Females: Estimated Max MHR = 226 – Age

Finally, use the Training Pyramid on the next page to determine the level at which you should be exercising based upon your MHR. This level should be maintained using either the Trweadmills heart rate grip sensors or a Heart Rate Monitor.

STRETCHING ROUTINE

Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cooldown exercises:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



STRETCHING ROUTINE

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



HEART RATE TRAINING

Using the table below, select the training level that best describes your specific fitness goals. Then refer to the pyramid to determine the duration as well as the exercise intensity (% of maximum heart rate) of your workout programme.

1. Active lifestyle

Improve functional capacity • Decrease disease risk Increase life span • Physical well being

2. Healthy Heart

Improve cardiovascular health • Lose weight • Increase energy Decrease blood pressure • Decrease cholesterol Increase immune function • Decrease stress

3. Cardio Challenge

Improve cardiovascular health • Increase aerobic capacity and endurance

4. Extreme Training Challenge

Improve lactic acid tolerance • Performance gains Increase anaerobic capacity



As a guide, we recommend that beginners work out in the Active Lifestyle range for the first eight weeks of their training. After that you will be able to design your own exercise programme to suit your preferences and objectives.

HOW TO MAINTAIN THE AG-11303 TREADMILL

HOW TO MAINTAIN THE AG-11303 TREADMILL:

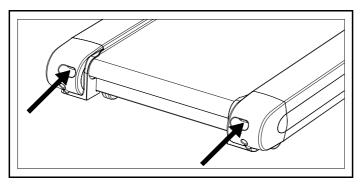
Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

- Important: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT:

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

- Walking belt has shifted to the left: First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- Walking belt has shifted to the right: First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- Walking belt is slipping: First unplug the power cord from the surge protector. Using the hex key provided, turn
 both the left and right rear roller adjustment bolts the same distance, usually a 1/4 turn in the clockwise direction.
 Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt
 to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension
 should be just tight enough not to slip.
- 1. WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



HOW TO MAINTAIN THE AG-11303 TREADMILL

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- Warning: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged
 from the wall electrical outlet before attempting any cleaning or maintenance.
- Important: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep
 liquids away and keep it out of direct sunlight.
- After each workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- Weekly: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use 100% Silicon Oil to lubricate your treadmill deck.

To apply lubricant to the walking belt:

- 1. Position the walking belt so that the seam is located on top and in center of the walking board.
- 2. Insert the spray nozzle into the spray head of the lubricant can.
- 3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.

Allow the silicone to "set" for 1 minute before using the treadmill.



TROUBLESHOOTING

Troubleshooting

NOTE: Do not touch any internal electric wires without consulting the technical support team.

No display on the Computer LCD, after the power is switched on.

- 1. Make sure the power cord has been plugged in properly to the power switch on the base frame and mains power socket.
- Make sure the safety key is inserted properly into the safety key slot on the console. Try pulling it in and out several times until the LCD lights up.
- 3. If there is still no power on the computer, call the technical support team for help.

Computer LCD lights up but the running belt has no movement.

- Follow the console operating instructions for the P1 manual programme then press the Start button to see if the belt will
 move. The belt should move at 0.8km/hour.
- If the belt still does not move, press the Speed Up button and see if the speed LCD window indicates the speed increasing. If you are still having difficulty please call the technical support team.
- If when you press the speed button the speed LCD window indicates the speed increasing, but the belt still does not move please call the technical support team for help.

Computer LCD does not show the pulse.

- First, please press the Start button to start the treadmill. Place both hands on the heat rate contact sensors on the handlebars. Then check if the LCD shows a blinking heart symbol. If the blinking heart symbol is displayed then the computer is sensoring your pulse properly. Keep your hands on the sensors until the actual pulse number is displayed on the LCD.
- If when holding the contact sensors on the handlebars the heart symbol is not displayed, please disassemble the handlebars and check to make sure both sensor wires are assembled correctly. Disconnect and then reconnect them again. Then try the heart rate contacts again. If they still do not work properly, please call the technical support team for help.

Contact Number

If you have any other problems please call the following number:

UK TECHNICAL SUPPORT TEAM 0845 600 0464

ORDERING REPLACEMENT PARTS / LIMITED WARRANTY

How to Order Replacement Parts

If you encounter any problems with the product, or need to order replacement parts, call our UK Customer Service Department on +44 (0) 845 600 0464. To help us assist you, please be prepared to give us the following information:

The Model Number of the product (AG-11303)
The Name of the product (PLATINUM TREADMILL)
The Serial Number/Manufacturing Date of the product
The Description of the part(s)

Limited Warranty - UK Only

This product is warranted to be free from defects in workmanship and material, under normal use and service conditions, for a period of (2) two years for parts and labor and lifetime for the frame from the date of purchase. This warranty extends only to the original purchaser. The manufacturers obligation under this warranty is limited to replacing or repairing, at the manufacturers option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by the manufacturer. This warranty does not extend to any product or damage to the product caused by or attributed to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an authorized service centre, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by the manufacturer.

The manufacturer is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use of performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

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This warranty gives you specific legal rights.